



WHITEBOARD Handout – Important Details for Injury Prevention

Necessary Prerequisites- *Exercise, Work & Life Related Injury Prevention + Basic Recovery Program Design, Part 1*

We are bio-mechanical beings who can only tolerate so much stress in a day until we need rest to replenish our systems and recover our muscles, while requiring the basic necessities of life (food, water, shelter, etc) to keep us well, healthy and to keep us strong; We are usually responsible for ourselves and our own self balance.

(Wellness Wheel)

When we exercise, we sometimes forget that our body, while it can endure a lot, needs the respect it deserves, and also a way to keep track and plan of *how* we ^(ab)use our body so we can avoid potential pain and injury.

(Program Design)

How We Plan – Breakdown of the Process

Wellness Wheel

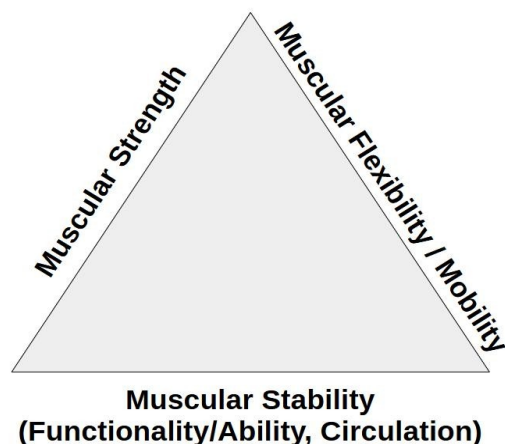
Physical*
Intellectual*
Financial**
Social
Environmental
Spiritual
Emotional
Occupational

Periodization – Meso(macro)cycle

Microcycle
Mesocycle
Macrocycle
Intensities / Efforts (Prep., Pre-Comp., Comp., Trans.,
Maint./Rehab, Rest)
Repetition Ranges
Frequencies (x/wk)

Program Design – Micro(meso)cycle

Agonistic Pairings
Antagonistic Pairings
Specific Activities / Exercise Emphasis
General & Specific Skills / Abilities



Muscle Strength / Flexibility / Mobility imbalance symptoms present in a form of chronic pain such as:

- Tightness / impingement
- Pulling / straining pain
- Bruising / uncertain pain / instability
- Dislocation (via force or instability)

These symptoms often times start by leading with acute symptoms such as:

- Cracking/continuously crackling joints
- Popping noises / Tingling Sensations
- Minor aches and pains in a single / multiple areas
- Cramping/Muscle Twitching (Diet / Hydration / Exercise)

NOTE: *The more of a specific imbalance you may have, the more severe the symptoms and cause / effect.*

Note: Exercise should be SUPPLEMENTAL to YOUR Specific Daily/Weekly Functional Regime